

### Abstract of the Disclosure

An exercise apparatus (1) comprises at least one upright (3) joined to a cross bar (5) provided with a limb support means (17, 18, 19). The limb support comprises an upright (3) is connecting cross bar of such a length that the cross bar (5) is spaced from the floor sufficiently such that, in use, the limb support means (17, 18, 19) comprises a leg support means to be positioned beneath, and to support, the legs of the user can rest on the cross bar when the user is positioned beneath the cross bar (5). The cross bar (5) also being sufficiently spaced from the floor such that, in use, the limb support means (17, 18, 19) comprises a handgrip means to enable a user to push down on the exercise apparatus so that the exercise apparatus (1) supports at least some of the user's weight. The limb support means (17, 18, 19) comprises two limb supports (17, 19) outer concave regions that are relatively spaced along the longitudinal axis of the cross bar (5). The cross bar (5) is provided with a third limb support (18) inner concave region in between the two outer concave regions limb supports (17, 19).